## Abstract:

The invention relates to a metal mixture, which, in addition to a support material such as wood charcoal as an adjunct to inorganic or organic materials, improves the bioenergetic properties thereof. Said adjuncts improve the biologically-relevant construction properties, in particular the bioenergetic influence of cement-containing mineral building materials such as concrete, mortar, plaster and coatings. The above finds application in all cement-containing mineral building materials and comprises one or several metals in elementary powder form and optionally a support material. The above preferably comprises the metals zinc, copper, lead, tin, antimony, silver and gold in varying amounts and wood charcoal as support material. The wood charcoal component also has the effect of a pigment and in high concentrations leads to a light concrete with improved thermal insulation properties.